

**Para Todos
Facilitator Guide
DVD 2—Chapter 2
Alcohol**

Dear Facilitators:

The purpose of this chapter is to provide information about alcohol consumption among adolescents and to explore some of the myths we have about alcohol. The chapter also promotes open communication between parents and their children in order to protect children from the dangers of alcohol use.

Chapter Goals:

1. Understand that alcohol consumption among adolescents is a serious problem that often is ignored.
2. Learn how alcohol use can harm adolescents.
3. Recognize signs that might indicate our children are consuming alcohol.

Suggestions for Guest Speakers:

To enrich the session, here are examples of some of the experts you can invite to speak with your group:

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| • Parent who has experienced and overcome alcohol problems in the family | • Someone who lost a loved one due to alcohol |
| • Licensed Chemical Dependency Counselor (LCDC) | • Young person recovering from alcohol addiction |
| • Police officer experienced in traffic crashes caused by drunk drivers | • Health educator |
| | • Teacher or school counselor |
| | • Psychiatrist or psychologist. |

VIDEO, PART I

Main Concepts:

The following concepts are presented in the first section:

1. It is illegal for people younger than 21 years of age to consume alcohol. Alcohol use before age 21 can lead to dangerous consequences for our children.
2. Consumption of alcohol during adolescence can affect the development of our children's brains. Their brains continue to develop until they are at least 21 years old.

3. According to the 2002 National Youth Risk Behavior Study, Latino youth start drinking at an early age: 80 percent of Latino youth between ages 12 and 17 admitted to drinking alcohol, and 33 percent of Latino 13-year-olds admitted they had been drunk at least once.

Participants should understand the following important points:

- The younger a person is when he or she starts drinking, the greater the likelihood that the person will develop an alcohol addiction.
- Adolescent alcohol use also can lead to problems at school and increased risk of becoming a victim of physical or sexual violence.

PAUSE FOR DISCUSSION #17

Participants respond to the following questions:

- What do we think about alcohol use?
- What dangers do our youth face as a result of alcohol consumption?
- How can we help our children stay away from alcohol?

Participants should understand the following important points:

- Many parents think it is okay for youth to drink alcohol even if they are under 21 years of age. These parents may view drinking as an acceptable way of celebrating and having fun.
- Alcohol is dangerous for a developing brain. Drinking also can lead to other high-risk activities such as sexual activity, drug use, and driving while intoxicated (DWI).
- It is important to set a good example for our children and to talk with them about how alcohol can affect their dreams and future plans. Look for opportunities to point out alcohol's negative effects.

VIDEO, PART II

Main Concepts:

The participants should understand the following important points:

1. Often, young people can get alcohol in their own homes or in their friends' houses, from older friends, or at parties.

2. Talk clearly with our children about the dangers of drinking alcohol and warn them about its consequences, such as physical problems caused by damage to the brain and legal problems that can result in the loss of their driver's license, cancellation of their car insurance, and traffic crashes that can leave them or their friends injured or dead.
3. If you suspect that your child is drinking alcohol, look for help at school, from a counselor, or from a community support group.

Dramatization: Mi Barrio

In this dramatization we see two families on their way to watch their sons play soccer. One of the fathers (Diego) is drinking alcohol and considers drinking to be part of his manhood. Diego pressures another father (Carlos) to drink in the parking lot. Diego is not concerned about the example he is setting for his son (Nacho) or his friend's son (Carlitos). Anita, (Carlos' wife) takes the beer away and reminds them of the importance of setting a good example. She is worried that her son could start drinking alcohol. Also, drinking is not allowed in the park.

During the second part, we see Diego, noticeably drunk while watching a football game on TV. At the same time, we see Nacho quietly leaving the house with a bottle of liquor that he has stolen from his father. Diego is not concerned about what his son is doing. Nacho drives (possibly drunk) to Carlitos' house and the two youngsters head out together. The second father (Carlos) asks Carlitos where he is going and when he will be back. He is worried about the way Nacho is driving when he leaves the house. The two boys are only 16 years old.

PAUSE FOR DISCUSSION #18

Participants should understand the following important points:

- What did you think of the dramatization?
- Do you know someone who has gone through the same situation?
- How would you handle this type of situation?
- What can we learn from this dramatization?

VIDEO, PART III--CONCLUSION

Summarize what was previously discussed and invite participants to obtain further information in their homes at the following Internet address:

www.hablemos.samhsa.gov.

Optional Activities:

Next, we offer suggestions for group activities that are not included in the video. If you would like to tell us how the activity worked with your group, or suggest ideas for additional activities, please contact us at webmaster@hablemos.samhsa.gov.

ACTIVITY # 1: True or False

Goal: To identify and discard myths about alcohol.

- **Divide** the class into two or more teams. Explain that they are going to compete for the most correct answers and ask each group to select a representative.
- **Read** the “False” statement out loud.
- **Ask** each group to discuss the statement and decide whether it is true or false.
- **Ask** the representative of each group to give the answers to the class.
- **Ask** a volunteer to keep score on the blackboard or on a sheet of paper. A correct answer is worth one point, while a wrong answer is worth no points.
- **Give an explanation** after each answer is revealed.
- **Announce** that all the teams are winners because the knowledge gained from the exercise will benefit their families.

(False) Alcohol affects men and women equally.

(TRUE) Alcohol affects women faster than men because women tend to weigh less and the size of their organs is proportionally smaller. Alcohol affects adults and young people differently, causing more damage among the young because their bodies are still developing.

(False) Beer is safer to drink than wine or hard liquor.

(TRUE) One 12 ounce beer has about the same amount of alcohol as one 5 ounce glass of wine, or one 1.5 ounce shot of liquor. Any alcoholic beverage can be harmful. Beer, wine, liquor, and distilled beverages like tequila and rum contain alcohol and are harmful if abused.

(False) Drinking alcohol only on weekends is not harmful.

(TRUE) The degree of harm will depend on the quantity and frequency of the drinking. People who start drinking at an early age are at greater risk for developing alcohol addiction.

(False) In our community, drug use is a more serious problem than alcohol use.

(TRUE) In our community, alcohol affects far more people than drug use.

(False) Alcoholism is a disease that affects only adults.

(TRUE) Alcoholism can affect people of all ages. If the drinking starts at an early age, alcohol dependency can happen before adulthood.
